

## Contours exercise classes

You can access any of our classes across the five leisure sites either as a Contours member (included in the package) or on a pay-as you-go basis. Talk to one of our friendly, professional instructors to find the option to best suit you.

Exercise classes are an excellent way to achieve results. They are designed to be fun and keep you motivated. Afterwards, you will feel good and have improved posture and fitness.

Remember to bring a drink with you to keep hydrated. Most classes need to be booked in advance, see our booking policy for more information.

The warmup is a vital part of our classes and entry may be refused if a class has already started. Stretching at the end of a class helps to lengthen the muscles and tendons, which makes them more flexible.

Juniors aged 14 – 16 can access most classes, as long as an adult accompanies them. The only class they are not able to attend is Body Pump; this is for health reasons.

### Level 1 - Classes suitable for beginners

**5-0 Club:** Catering for over fifties, this class offers a steady aerobic workout and is ideal for beginners.

**Healthy Hearts:** The ultimate class for beginners. A gentle warm up followed by resistance exercises.

**Low Impact Circuits:** A station-based class using cardiovascular stations to help increase fitness levels and toning stations to help improve strength. This class is low impact and suitable for beginners.

**Aqua Fit:** A water-based class suitable for people of all fitness levels. Aqua fit is great for resistance work without straining joints.

## Level 2 – Classes for all – work at your own pace

**Abs Blast:** Half-hour sessions concentrating on a full range of abdominal exercises.

**Legs, Bums and Tums:** A great class to tone areas you want to work the most. Aerobics to warm up then exercises to tone the lower body and stomach. It is ideal for beginners.

**Pilates:** The ultimate mat work out. This is ideal for the beginners and those with postural problems.

**Spinning:** A high-energy class based mainly on studio cycles. Fast and effective, it may incorporate some boxing moves or some abdominal work.

**Aqua Zumba:** The "pool party" workout for all ages. A challenging water-based workout that integrates Zumba and traditional aqua fitness disciplines.

**Hydro-fit/Speedo-deep:** A fantastic water-based class in the deep end. You will wear a buoyancy jacket and work against the water's resistance.

**Yoga:** A holistic approach to exercise aimed at improving posture, breathing and meditation. This class is for the mind and body.

**Zumba:** Latin-inspired dance fitness class with a mix of merengue, salsa, hip hop, mambo, rumba and flamenco.

**Strong by Zumba:** A music driven interval training class using only your bodyweight. The moves are synchronised to the beat. There are three levels which can be adapted to ability. Suitable for all ages and fitness levels.

**Metafit:** In this class you will work big muscle groups with simple non-choreographed, high intensity intervals which will help you to get quick results.

**Sculpt and Tone:** A gentle but effective class to give you an all over body workout.

**Functional Training:** Functional exercises help you perform everyday activities and tend to use movement patterns that mimic how you naturally move. Think squats, overhead presses and pulls; these might initially seem constricted to the gym environment, but compare this to sitting and standing from a chair, putting something on a shelf, or pulling a cart and you quickly begin to see the parallels.

**Body Pump:** The ultimate resistance class using barbells and free weights to tone and condition your muscles. This is a fantastic way to get into shape. Resistance classes help us to have stronger bones and improve joint integrity. (Non-contact).

**Body Combat:** A challenging cardiovascular workout which combines punches kicks and blocks. This will have you fighting fit in no time.

**Body Balance:** A mixed workout of Yoga, Tai Chi and Pilates which aims to build flexibility and strength whilst leaving you feeling centred and calm.

**PiYo:** A total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and Yoga to help you build strength, lose weight, increase flexibility and have a great time doing it. PiYo was designed for people who want the mindbody benefits of a Yoga or Pilates workout, but with a higher-energy, higher-sweat class.

**Circuits:** This is the ultimate class if you are looking for a challenge. A station-based workout for the experienced exerciser which is high energy and hard work.

**H.I.I.T:** (High Intensity Interval Training) A station-based exercise class which incorporates short rest times and blasts of intense exercise which gives your body the ultimate workout.

## Les Mills virtual classes

Workout in front of a large screen with the world leading Les Mills master instructors. Virtual classes are perfect for those who might struggle to make our live classes. Remember to work at your own pace. Body Pump, Body Combat and Body Balance are identical to our live classes but on the big screen. Please ensure you are aware of the content of each class prior to taking part. Visit – [www.lesmills.com](http://www.lesmills.com)

**CX** works, it's all about building core strength, improving functional fitness of the abdominals midsection and glutes, as well as working the cross slings which run from the upper to lower body.

**Grid Cardio** is a 30-minute high intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calories burnt. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

**Plyo** is an intense plyometric-based workout that gets results fast! Combining the principles of plyometrics and power agility training, these very tough training sessions will build a powerful, agile and athletic body

**RPM** is a group indoor cycling workout where you control the intensity. It is fun, low impact and you can burn up to 675 calories a session. With great music pumping and the group spinning as one, your virtual instructors take you on a journey of hill climbs, sprints and flat riding.

**Sprint** is another group indoor cycling workout from Les Mills. The 30 minutes you put into a Les Mills Sprint workout drives your body to burn calories for hours.

**The Trip** is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally created worlds. With its cinema-scale screen and sound system, The Trip takes motivation and energy output to the next level, burning serious calories.

## Contact us

### **The Parks Sports Centre**

Howdon Road, North Shields, NE29 6TL

Tel: (0191) 643 2700

### **Waves**

The Links, Whitley Bay, NE26 1TQ

Tel: (0191) 643 2600

### **Tynemouth Pool**

Beach Road, North Shields, NE29 9PX

Tel: (0191) 643 2900

### **Hadrian Leisure Centre**

St. Peter's Road, Wallsend, NE28 7LQ

Tel: (0191) 643 2025

### **The Lakeside Centre**

Southgate, Killingworth, NE12 6SA

Tel: (0191) 643 4177